



BAIN 50+ CENTER

It's a great day in the Bain Neighborhood!



5470 Ruth Keeton Way

Columbia, MD 21044

Office: 410-313-7213

Fax: 410-313-7465

Bain 50+ Center Hours

Monday-Wednesday

8:30 am-4:30 pm

Thursday, 8:30 am-8:30 pm

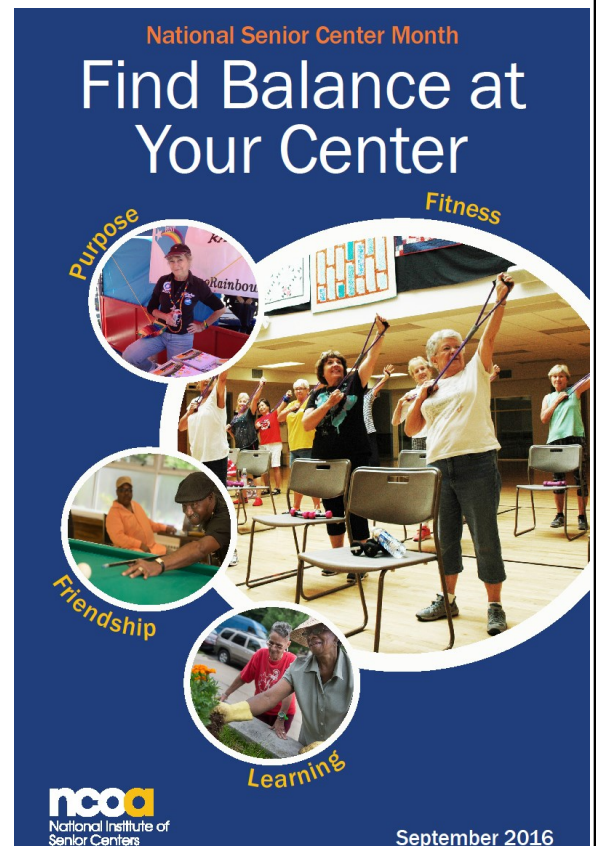
Friday, 8:30 am-4:30 pm

Website:

www.howardcountymd.gov/aging

Find Balance at Your Center is the 2016 theme in honor of National Senior Center Month.

The Bain 50+ Center has plenty to offer in helping you to achieve **Purpose**, reach **Fitness** goals, **Learn** something new, and gain new **Friendships**. Stop by this September and **find balance** with the following activities listed below.



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Bain's Upcoming Programs:

- ♦ LGBT Group –Presenter Alikah Hawks of NAMI, September 1
- ♦ Meet the Author: Michael Irving Phillips, September 8
- ♦ Bain Crab Feast Featuring: Just Us Band, September 13
- ♦ Community Music and Movement Demo, September 20
- ♦ Auto Theft Prevention, September 21
- ♦ Wired to Work, September 23
- ♦ Celebrate Active Aging Week, September 26–September 30
- ♦ Validating and Liquidating Coin Collections, September 27
- ♦ Zumba Party with Denere Hilton, September 27
- ♦ BAIN'S GOT TALENT, September 30
- ♦ Free Computer Tutoring, Every Wednesday

General Information

BAIN 50+ CENTER STAFF

Linda Jackson Ethridge, Director, 410-313-7468
Tammy Wiggins, Assistant Director, 410-313-7469
Fatina Galloway, Nutrition/Rentals, 410-313-7390
Deborah Spittel, Registrar, 410-313-7213
Collin Fugate, Facilities, 410-313-7464
Kari Weidner, Nutrition Specialist
Javier Scott & Earl Saunders, Building Attendants

HEALTH AND WELLNESS

Ingrid Gleysteen, Paws4Comfort, 410-313-7461
Elaine Widom, SeniorsTogether, 410-313-7353

STATE HEALTH INSURANCE ASSISTANCE PROGRAM

To make an appointment, 410-313-7392
Barbara Albert, Coordinator, 410-313-7391
Ayse Tokbay, 410-313-7389
Jeanette Krapcho, 410-313-7596
Terese Klitenic, Coordinator, SMP, 410-313-7386

MARYLAND ACCESS POINT

To make an appointment 410-313-5980
Sunny Moon, 410-313-7388
Kim Freeman, 410-313-7288

RECREATION AND PARKS

Cathy Vigus, Senior Adult Programs, 410-313-7311
Curtis Gore, Recreation Coordinator 410-313-7281

Get Your Bain Newsletter Electronically

Sign up at the front desk to be added to our Email Distribution List. Stay informed on upcoming program information.



Please Sign In

It will only take a moment. Use the sign-in book on the podiums by each entrance. We request that everyone sign in. Our average daily attendance helps us measure our good work in the community.

NAVIGATING THE CENTER

LUNCH PROGRAM

To join us for lunch, please sign up in advance in the Lunch Room (Great Room 3). Please call 410-313-7390 to cancel your lunch reservation if you are not coming. Our lunch number reflects the number of reservations placed, and the County is charged for the number ordered. For members **over** 60 years of age, a goodwill donation is gratefully appreciated. Generous contributions ensure the continued viability of this important program. Members **under** 60 years of age will be charged the full cost of the meal. Pay at the front desk. A regular meal is \$4.10 and special meals are \$5.39. Lunch is served Monday through Friday at 12 noon.

SIGN-UP and PAYMENT

The Front Desk is open for transactions between 8:30 am and 4 pm. Payments may be cash, credit card or a check made payable to Howard County Director of Finance. Online registration can be done at the ActiveNet website:

<http://apm.activecommunities.com/howardcounty>.

TRANSPORTATION

Transportation is available to the 50+ Center for older adults through RTA Mobility, riders must be certified. For certification, reservations, and cancellations please call the Customer Service Line at 1-800-270-9553. You may also visit their website at www.transitrt.com. Transportation to the Bain 50+ Center is also available through Neighbor Ride. For additional information call Neighbor Ride at 410-884-7433.

PLEASE NOTE

Bain 50+ Center free membership is required to attend or register for any class, program, or activity. Membership is free and the application is quick and easy. Stop by the Front Desk for an application.

Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

Bain Council & Information

Bain 50+ Center Council Dance

1:30-3:30 pm Cost: \$2

Friday, September 9: The Love Story Duo

Friday, October 14: Laurie and Joe "Dynamic Duo"

No Dance on November 11th

2016 REGISTRATION SEASON

The Office on Aging and Independence requests that all 50+ Center members register to ensure that we have the correct information in our database. If any of your contact information has changed in the last year, including emergency contacts, please inform the Front Desk. This information is used in an aggregate form to show the State and Federal Government (funders of many of our services and programs) how many people we serve each year. Demographic information helps our funding agencies see who we are serving. Accurate data helps us to maintain or increase programs.

Center Closings



Monday, September 5

Labor Day

Monday, October 10

Columbus Day

Monday, October 31

50+ Expo



Bain 50+ Center Council

The Bain Center Council is a non-profit 501 (c) (3) advisory and fundraising organization that supports the programs and operation of the center. The members of the Council represent YOU! They welcome your suggestions and contributions. Contact Peter Eisenhut, Council President, or any Council member through the front desk.

Athena Dalrymple

Jackie Dunphy (HPM)

Jeane Evans (HPM)

Peter Eisenhut

Valerie Hoelz

Sandra Kaiser

Jim McDiarmid

Su Patterson

Priscilla Pitts (HPM)

Arleen Tate

Malcolm Wolf

Barbara Woodard (HPM)

Albertha Workman (HPM)

Eileen Zuckman

The Bain Council generously sponsors a nutritious Continental Breakfast on Tuesdays-Thursdays at 9:30-10:30 am. Your support of council events make this breakfast and many of our programs possible.

Need Special Accommodations?

If you need accommodations to attend a program, or need this publication in an alternate format, please contact the Bain Center, at 410-313-7213 or by email at lethridge@howardcountymd.gov one week prior to the date of the event.



Find us on Facebook

www.Facebook.com/HoCoCommunity

September & October Programs

50+ LGBT Group

First Thursdays 6-8 pm

September 1 - Alikah Hawks from NAMI Howard County will discuss mental health, seeking help and overcoming stigma.

October 6 - TBD

Please contact Jessica Rowe, LCSW-C at jessicarowe100@gmail.com or 443-980-2914 for more information.

Meet the Author:

Michael Irving Phillips

Thursday, September 8

10-11 pm / Free



Author Michael Irving Phillips will present his book, *Leave the Rat Race to the Rats*, a blue print for transforming the dismal American ghettos by abandoning the rat race culture and tackling crime, policing and overcoming political impotence. Refreshments served. R.S.V.P.

Community Music & Movement Demo

Tuesday, September 20

2-3 pm / Free

Join a playful, welcoming class for people of all musical and physical abilities. Activities will be engaging enough for seasoned musicians while being fun and approachable for the novice music-maker. Please R.S.V.P.

SHIP Card-A-Thon

Wednesday, September 21

10am-12 pm / Free

Get your Medicare Card laminated in the lobby and pick up the latest State Health Insurance Assistance Program information.

Auto Theft Prevention

Wednesday, September 21

10am-12 pm

Meet Howard County Police Vehicle Theft Prevention Specialist, Kevin Bridgeman as he shares his wisdom on the top ten vehicles stolen list for 2015 and provide you with a free car club, to prevent theft. Please R.S.V.P. in the lobby.

Bain Crab Feast

Featuring: Just Us Band

Tuesday, September 13

11 am-12:30 pm

Lunch Cost: Donation with lunch ticket

Crabs Cost: \$15 for a 1/2 dozen with crab ticket

Bring your friends and join us for a summertime favorite! Menu will include Maryland Crab Soup, BBQ Chicken, Macaroni Salad, Coleslaw, Cornbread and Watermelon. The listed menu is available with a lunch donation paid in advance by **September 6th**. You must get your ticket at time of donation at the front desk. In addition to the lunch donation, you may also PURCHASE BY **September 6th** a 1/2 dozen steamed crabs to go with the above menu for \$15.00.



The Bain "Buzz" Book Club

10-11:30 am / FREE

3rd Wednesday of the Month



Upcoming Book Selections

September 21— *Adultery* by Paulo Coelho

October 19— *Circling the Sun* by Paula McLain

September & October Programs



Zumba Party
Tuesday,
September 27
1:30 – 2:30 pm

We will close out
Senior Center

Month and Active Aging Week with our very own Zumba Party. Zumba involves dance and aerobic movements performed to energetic music that incorporates choreography to hip-hop, salsa, merengue and samba. Meet Professional Instructor, **Denere Hilton** and her students and get ready for a dance party. Feel free to join in on a few selective Zumba Gold dances while being entertained. Please R.S.V.P. your attendance. Refreshments served.

Validating and Liquidating Coin Collections

Tuesday, September 27
10:30-11:30 am/ Free

Meet Drage Vukceвич, coin collector since 1965 and learn to take stock of your coin collection. During this presentation you will learn how to get a feel for the type of material you have and what the general value is. He will also discuss the items worth keeping and the one's that should be liquidated. Please R.S.V.P.

Foreign Film, Luncheon and Discussion

The Broken Circle Breakdown

Wednesday, September 28

11:30 am \$13

Join us for an enjoyable learning experience. Enjoy a catered luncheon followed by a facilitated group discussion. Register by September 21st at the front desk. Seating Limited.

BAIN'S GOT TALENT!
Friday, September 30
11 am–12 noon/ Free



If you think America's Got Talent, then come see what great talent we have here at the Bain 50+ Center. These talents reflect the classes and programs available here. Join us for a show filled with music, singing and dancing. Please R.S.V.P. your attendance. Doors opens at 10:30 am Refreshments served.

Movies at the Bain Theatre **Thursdays, 1pm** **Free**



September 1—*Primary Colors* (Featuring John Travolta, Emma Thompson and Bill Bob Thorton)
September 8—*Hail, Caesar!* (Featuring Josh Brolin, George Clooney , Alden Ehrenreich and Ralph Fiennes) **1pm & 6pm Showing**
September 15—*Keep on Keepin' On* (Featuring Justin Kauflin and Gwen Terry)
September 22—*Miracles from Heaven* (Featuring Kylie Rogers and Jennifer Garner)
September 29—*Begin Again* (Featuring Keira Knightley, Mark Ruffalo and Hailee Steinfeld)

October 6—*Match* (Featuring Patrick Stewart, Carla Gugino, and Matthew Lillard)
October 13—*Race* (Featuring Stephan James and Jeremy Irons) **1pm & 6pm Showing**
October 20—*Requiem for the American Dream* (Featuring Noam Chomsky)

The views expressed in the listed movies and documentaries are the views of its makers, and do not necessarily express the views of the Office on Aging, and Independence, Howard County Government, or their officials and employees.

September & October Programs

Sit & Get Fit

Starting, Wednesday, October 5

1- 2 pm / Free

A gentle conditioning exercise program you can do sitting down. Easier to learn than Tai Chi or Yoga. Sit and Get Fit for Seniors with Regenerative Movement Technique blends activity and relaxation, flowing circular movements, gentle rocking and natural breathing.



Celebrating Our Legacy and Culture through the Arts"

Friday, October 7

1- 2:30 pm/ FREE

Join us for an Interesting and Engaging Conversation with Professor Curlee R. Holton, Executive Director of the David C. Driskell Center for the Study of the Visual Arts and Culture of African Americans and the African Diaspora, and Deputy Director, Dorit Yaron.

Professor Holton is a printmaker and painter whose work has been exhibited professionally for over twenty-five years in more than 80 shows. As an artist-scholar, he has lectured and presented demonstrations throughout the United States and abroad.

Ms. Yaron manages the Center's art collection which grew from 100 to 1,500 works in less than five years. She has curated many exhibitions. Refreshments provided. R.S.V.P.

Classical Music Returns to Bain!

Tuesday, October 11

10:30- 11:30 am/ Free



Phoenix Arts Management presents international renowned faculty members and students from the Peabody Conservatory of Music. This program promotes classical music through performance, in the hope of sharing its values and beauty with everyone. R.S.V.P.

Flu Vaccination

Wednesday, October 12

10 am- 12 pm

The flu is a hazard to your health! Lower your risk. The Centers for Disease Control recommend that all persons aged six months and older be vaccinated annually.

NO COST for individuals with original or traditional Medicare. Those who participate in a Medicare HMO, PPO or other insurance can pay the low vaccine cost. Pneumonia and high dose flu vaccine also available. Please call the center to make your appointment.

Vaccines administered by nurses from MedStar Visiting Nurse Association.



Opera Lovers & Lunch

Tuesday, October 18

10 am/ Cost: \$13

Carmen is an opera in four Acts composed by Georges Bizet. Sung in French, with English subtitles, this world famous opera follows the exploits of beautiful, sexy, gypsy seductress, Carmen, as she entices French corporal Don Jose into leaving his home town girlfriend (Micaela) and abandoning his French army career to follow Carmen into the mountains around Seville, Spain, with her gang of smugglers. Carmen is fickle and soon tires of Don Jose in favor of her next romantic conquest, toreador, Escamillo. Don Jose, in a jealous rage, kills Carmen while pleading for her love. She refuses to love him and prefers death over her loss of freedom.

Register at the Front Desk by October 11th.

Playing with Languages

Wednesday, October 19

11:30 am/ Free

Do you speak another language? Do you want to learn basic sign language? Meet us in the lobby for an informal quick round of language sharing. Join us for some fun while learning something new. R.S.V.P.

Daily Programs

MONDAY	PROGRAM	ROOM
8:30 am—4:15 pm	Billiards/Ping Pong (Drop-In)	Billiards Area
8:30 am—Noon	Woodworking (\$)	Woodshop
9 am—4:15 pm	Cards and Games (Drop-In)	Pantry
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9—10 am	Ask the Pharmacist (4th Monday of the month)	Health Room
9 am—11:30 am	Project Linus (2nd & 4th week)	Great Room 1
9 am—Noon	Knitting and Crocheting Group	Meeting Room
9:30—11 am	Better Health and Wellness (HCC) (\$)	Exercise Room
10—11:30 am	SeniorsTogether Current Events Discussion	Community Room
10:30 am—11:30 am	Tai Chi (Drop-In)	Great Room 1
11:30am—12:30pm	Cardio Fusion for Parkinson's Disease	Exercise Room
Noon	Lunch	Great Room 3
12:30—4 pm	Korean American Senior Association	Great Rooms 1 & 2 / Meeting Room
1—2:30 pm	Religion Discussion Group (Drop-In)	Community Room
1—2 pm	Better Balance (\$)	Exercise Room
1—4 pm	Canasta (Drop-In)	Activity Room
1—4 pm	Gathering of the Arts (Drop-In)	Craft Room
2:30—3:30 pm	Yoga (\$)	Exercise Room
TUESDAY	PROGRAM	ROOM
8:30am—4:15 pm	Billiards/ Ping Pong (Drop-In)	Billiards Area
9 am—Noon	Woodworking (\$)	Woodshop
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9:30—10:30 am	Arthritis Exercise Program (\$)	Exercise Room
9:45—11:45 am	Scrabble (Drop-In)	Pantry
10 am—11 am	Brain Fitness (See Page 12 for Dates)	Community Room
10 am—Noon	Pottery (HCC) (\$)	Craft Room
10 am—11 am	Seniors Together Low Vision Group	Meeting Room
10:45—11:45 am	Silver Belles (tap dancing)	Exercise Room

Daily Programs

TUESDAY	PROGRAM	ROOM
Noon	Lunch	Great Room 3
Noon—4:15 pm	Duplicate Bridge	Activity Room
1—2 pm	Spanish (Summer Break)	Enroll at the Front Desk—Meeting Room
1—2 pm	Let's Walk & Move (Drop-In Walking Club)	Great Room 2
1—2 pm	Zumba (\$1 Donation)	Great Room 1
1—2:20 pm	Better Health and Wellness (HCC) (\$)	Exercise Room
1:30 pm	Phase 10 card game	Great Room 3
WEDNESDAY	PROGRAM	ROOM
8:30—10:30 am	Woodworkers Guild Meeting	Community Room
8:30 am—4:15 pm	Billiards/ Ping Pong (Drop-In)	Billiards Area
8:30 am—Noon	Woodworking (\$)	Woodshop
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9—11 am	HCC Bain Senior Choir (\$)	Great Room 1
9 am—3 pm	Massage (\$)	By Appointment
9:30—10:50 am	Better Health and Wellness (HCC) (\$)	Exercise Room
9:30—11:30 am	Bingo (\$)	Activity Room/Pantry
10—11:30 am	Bain "Buzz" Book Club (3rd Wednesday)	Meeting Room
10—11:30 am	English as a 2nd Language	Great Room 2
11 am—Noon	Yoga (\$)	Exercise Room
Noon	Lunch	Great Room 3
Noon—4:15 pm	Drop-in Poker	Pantry
12:30—2 pm	Alcoholics Anonymous	Conference Room
1—2 pm	Better Balance (\$)	Exercise Room
1—4:15 pm	Drop-In Chess	Meeting Room
1—4 pm	Drop-in Mahjongg	Activity Room
THURSDAY	PROGRAM	ROOM
8:30 am—8:00 pm	Billiards/ Ping Pong (Drop-In)	Billiards Area
9 am—Noon	Woodworking (\$)	Woodshop
9 am--Noon	Gathering of the Arts (Drop-In)	Craft Room

Daily Programs

THURSDAY	PROGRAM	ROOM
9—10 am	Balance “4” All (\$)	Exercise Room
9—11 am	Wii (Recreation & Parks) Must pre-register in the lobby	Lobby
9:30 am—12 Noon	Artful Journaling (Rec.& Parks) (\$)	Community Room
9:30—11:30 am	Drop-in Pinochle	Pantry
10—11 am	Sweating to the Oldies	Great Room 1
10 am—Noon	Blood Pressure (1st & 3rd Thursday)	Health Suite
10—11:30 am	Zoom– In Discussion Group	Meeting Room
10:15—11:15 am	Qigong (\$)	Great Room 2
10:45—11:45 am	Arthritis Exercise Program (\$)	Exercise Room
11 am—12 noon	Drop-In Zumba (\$1 Donation)	Great Room 1
Noon	Lunch	Great Room 3
12:30—2 pm	Seniors Together Brain Teasers	Meeting Room
1 pm	Movie	Great Room 1
1—2:20 pm	Better Health and Wellness (HCC) (\$)	Exercise Room
1—4:15 pm	Drop-In Scrabble & Cards and Games	Activity Room/ Pantry
1:15—3:45 pm	You Can Draw and Paint (R&P) (\$)	Craft Room
2:45—4 pm	Beginners Soul Line Dance (\$)	Exercise Room
3—4 pm	Chair Yoga (\$)	Great Room 2
5:00—8:30 pm	Massage Therapy	Health Suite
6:00—8:00 pm	LGBT Support Group (1st Thursday)	Meeting Room
6:30—8:30 pm	Yoga For Parkinson’s	Exercise Room
6:30—8:15 pm	Man to Man Prostate Cancer Support Group (3rd Thursday)	Meeting Room
7—9 pm	Alzheimer’s Caregiver Support Group (2nd Thursday)	Meeting Room
FRIDAY	PROGRAM	ROOM
8:30 am—4:15 pm	Billiards/ Ping Pong (Drop-In)	Billiards Area
8:30 am—noon	Woodworking (\$)	Woodshop
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9 am—3 pm	Massage (\$)	By Appointment Only
9:30—10:30 am	Chair Yoga (\$)	Great Room 2
9:30—10:45 am	Better Health and Wellness (HCC) (\$)	Exercise Room

Daily / September & October Programs

FRIDAY	PROGRAM	ROOM
10—11:30 am	Spin a Yarn/Drop-in Knitting & Crocheting	Meeting Room
10—11:30 am	SeniorsTogether Trenders	Conference Room
10 am—noon	Pottery (HCC) (\$)	Craft Room
10 am—noon	Music Appreciation (1st & 3rd Friday)	Activity Room
11:30 am—12:30pm	Functional Fitness for Parkinson's	Exercise Room
Noon	Lunch	Great Room 3
Noon—4:15 pm	Cards and Games	Pantry
12:30 —2 pm	Gospel Choir (1st, 3rd and 4th Friday)	GR1
12:45—3 pm	Drop-in Rummikub and Cards	Activity Room
1—2:30 pm	Line Dancing (Drop-in)	Exercise Room
1:30—3:30 pm	Council Dance (2nd Friday) (\$)	Great Room 1-3

Coffee and Community Connecting

Thursday, September 22 10-11am

Thursday, October 13 9:30-10:30 am

Coffee and Community Connecting brings police officers and the community members they serve together over coffee to discuss issues and learn more about each other. Meet **Officer Andre Lingham** in the lobby.

Celebrate Active Aging Week

September 26—September 30/ Free

During Active Aging Week, we will be offering Free Exercise Classes to new students. Come see how our members stay in shape by sampling any of the following classes: Zumba, Qigong, Chair Yoga and Beginner Soul Line Dancing. Space is limited so be sure to sign up early in the Lobby.

"Try Something New —It's Free"

"Color Me Barbra" Adult Coloring Session

Thursdays, 10-11:30 am/ Free

Do you want to get in on the latest adult craze? Adult coloring books and coloring. We will supply the coloring books, colored pencils and markers. Join others for a relaxing new self taught way to be creative. Drop in.

Are You & Your Pet Ready to Share Your Hearts?

Paws4Comfort fosters special bonds between pets, their owners and the County residents they visit.

If you are interested in volunteering, or wish to receive a FREE evaluation for your pet, contact:



Ingrid Gleysteen

PROGRAM COORDINATOR

PHONE 410-313-7461 (voice/relay)

EMAIL igleysteen@howardcountymd.gov

PET EVALUATIONS are held at 7:00 PM on the first Thursday of each month

Aug 4 • Sept 1 • Oct 6
Nov 10 (2nd Thurs) • Dec 1

Bain 50+ Center

5470 Ruth Keeton Way, Columbia 21044



Howard County Office on
Aging and Independence

www.howardcountymd.gov/aging

Phase 10 Card Game

Tuesdays at 1:30 pm Free

A Rummy-type card game with a FUN and exciting twist. Easy to learn and easy to play. Join us for a great time and make new friends!

SeniorsTogether News

For more information or to register contact

Karen Hull, 410-313-7466/khull@howardcountymd.gov

Elaine Widom, 410-313-7283/ewidom@howardcountymd.gov

Small Group Facilitators Needed

The **SeniorsTogether** peer outreach program hosts a number of small groups. Groups may be issue-oriented such as the Low Vision Support group, focused on staying mentally challenged like the Brain Teaser group, or focused on topics related to a thriving aging process. The group facilitators are the leadership of the program. Facilitators complete an initial training course and receive ongoing training throughout the year. Other volunteer options are also available. **SeniorsTogether** groups offer a safe, comfortable place to share concerns, find help, and forge new friendships.

Do you like to participate in small groups? Are you interested in a volunteer leadership role? If you like working with groups, have very good listening skills, are flexible and reliable, the **SeniorsTogether** program may be for **YOU!** For more information on being a facilitator and the next training, please contact, Karen Hull, **SeniorsTogether** Coordinator, 410.313.7466 or email her at khull@howardcountymd.gov.

An opportunity to give and receive!

SeniorsTogether APPRECIATION GIFTS

Recent Gifts

*In appreciation of SeniorsTogether
By Anonymous and Altagracia Sanchez*

A SeniorsTogether appreciation gift is a meaningful way to express condolences, admiration or goodwill. All gifts directly support the peer outreach program. Donors, honorees, or their family receive a certificate of honor, and an announcement is published in this news letter (optional).

Please include the name of the honoree, indicate if in memorial, and the name and address to send the certificate. Please make checks payable to Director of Finance, Howard County, mail to: SeniorsTogether, c/o The Bain 50+ Center, 5470 Ruth Keeton Way, Columbia, MD 21044. Thank you

Other Upcoming Events Join us for our next luncheon!

~Peking Chef~

Thursday, September 29

11:30 - 1:30

\$18.00/ pp

Menu Choice: House Triple Delight; General Tso's Chicken; or Vegetable Lo Mein. Meal includes white rice, spring roll, hot tea, dessert, and gratuity. Limited partial scholarships are available. If needed, contact RTA for transportation.

Registration Deadline: September 23.

Low Vision Group hosts

Officer Andre Lingham

"Personal Safety for Low-Vision Adults"

Tuesday, October 25

10:00 - 11:30am

RSVP to Elaine, 410.313.7353

Health, Wellness & Other Programs

Nutrition Counseling

Thursday, September 8 & October 13
9:30-11:30 am

Counseling sessions by appointment only.
Must be 60 + to sign up
Nutritionist, Mary Kutler, RD, LDN
Sign-up at the front desk or call 410-313-7213.

Chair Yoga

Thursdays, 3-4 pm
October 6—December 22 \$49
Fridays, 9:30-10:30 am
October 7—December 23 \$49

Join instructor **Karen Pedra** and learn the art of relaxation from a chair.

Drop-In Zumba—On The Big Screen



Tuesdays, 1—2 pm & Thursdays 11 am—12 pm
\$1 Donation
Dance to a Fitter You!

Brain Fitness-Neurobics

Tuesday, September 13 & October 4
10-11 am/ Free

Improve your cognitive capacity and build your brain capacity. Instructor Robin Zahor, RN, BSN.

Yoga

Mondays, 2:30-3:30 pm
October 3—December 19 \$48

Wednesdays, 11 am-12 noon
October 6—December 21 \$64

Join Certified Yoga instructor, **Mary Garrett**, and learn the techniques that promote good health and strength.



Better Balance

Mondays & Wednesdays, 1-2 pm
October 3—December 28 Cost: \$70

For those with a chronic condition affecting balance or for those who feel unsteady on their feet. Class includes walking, balance bar, and seated exercise. Pre-screening required prior to enrollment, contact Jen Lee at 410-313-5940.

Write Your Memoir— Write to be Heard

1st Tuesdays, September 6 & October 4
10 am—12 noon/ Free

Join those among us who love to write. Many of us have stories stacked up in the libraries of our minds just waiting to be spoken aloud and transcribed to paper. Now is your time to be with others who have put off for far too long the desire to tell their stories. R.S.V.P.

Beginner Soul Line Dance Class

Thursdays, 2:45-4 pm
September 1—29 \$28 / October 6—27 \$23

Join **Jesse Barnes**, our “seasoned” Dance Instructor who teaches throughout Central Maryland. Learn

Qigong

Thursdays, 10:15-11:15 am
October 6—December 29 \$54

The art of Qigong is the science of using breathing techniques, gentle movement, and meditation to cleanse, strengthen, and circulate life energy.

Health & Wellness



Drop-in Tap Dance
Instructor:
Diane Andrews
Tuesdays
10:45-11:45 am/ Free

Have fun while tap dancing your way to health.
Join us for the excitement, challenge, and fun of learning to *dance*! Whether you're a beginner or an aspiring performer, you will enjoy this class.

Nutrition Discussion & Food Tasting
Friday, September 16 & October 21
10-11 am/ Free

We have all heard the saying, "You are what you eat." **Nutritionist, Linden Griffith** recognizes this to be true and she will discuss the importance of adding more fruits and vegetables to your diet. Samples of simple healthy foods will be available for your tasting pleasure. Reservations required.

Using Medicare's Plan Finder
Thursday, September 22
7—8:30 pm/ Free

Learn how to use the 'Plan Finder' tool on the www.medicare.gov website, a powerful aid for comparing and reviewing the Medicare Prescription Drug Plans available to you. The 'Plan Finder' can also be used to compare Medicare health plans (such as HMOs/Health Maintenance Organizations or Cost Plans) and while explaining the tool for that purpose is out of the scope of this presentation, you will learn many basics that are used for both types of comparisons. Sponsored by the State Health Insurance Assistance Program (SHIP), Howard County Office on Aging and Independence. Register by calling **410-313-7389**.

Ask The Pharmacist
Monday September 26 & October 24
9-10 am/ Free

Pharmacist, Don Hamilton will provide individual answers to your medication questions. With the cold and flu season upon us, find out if you should take an over the counter medication or something prescribed by your physician.

BALANCE "4" ALL
Thursdays , 9-10 am
October 3—December 28 \$64

Learn balance, strength, posture and flexibility. Registration required.

"Sweatin' to the Oldies"
Thursdays
10-11am/ Free

Richard Simmons' aerobic concert. Join us in Great Room 1 and get ready to burn calories and shed those pounds. Sign-up in the lobby.



Blood Pressure Screenings
1st & 3rd Thursday of the Month
September 1,15 & October 6, 20
10 am-12 noon/ Free

High blood pressure is a "silent killer." Know your numbers! Albertha Workman, RN will take your blood

Nutrition

Fall Farmer's Market Super Vegetables

By Rona Martiyan, MS, RD, LDN

Just because summer is coming to an end, it does not mean that you have to stop going to the farmers market. The fall brings lots of great vegetable options with the cooler weather! Root vegetables are one of the great choices that many people don't think about. Root vegetables grow downward into the ground. You are probably already familiar with some common root veggies such as potatoes, onions, sweet potatoes and carrots, but there are other great choices such as rutabagas, turnips, parsnips and beets. All root vegetables are low in calories and good sources of fiber. They can be prepared a variety of ways.

Parsnips look like white carrots and are very nutritious. They are high in potassium, a good source of folate and contain vitamins A and C, plus some calcium and iron!

Beets are an excellent source of folate and vitamins A and C. You may know that you can also eat the leafy greens for additional calcium, iron and even more vitamins.

Turnips look like giant radishes with a cabbage like flavor. Rutabagas are larger than turnips and have yellow skin and flesh. Both rutabagas and turnips are good sources of vitamins A and C. The leafy greens on turnips can also be cooked for an added nutrient rich bonus (vitamins A & C), but rutabaga greens are not typically eaten. Besides being root vegetables, turnips and rutabagas are in the cruciferous (cabbage) family. These veggies also contain important plant substances called phytochemicals, which can help protect against cancer.

After bringing home these superstars from the market, store beets, parsnips, turnips and rutabagas in the vegetable crisper of the refrigerator. It's best to remove the greens first. Always scrub all root veggies with a brush and plenty of water before eating them.

Root veggies are very versatile and may be roasted, boiled, braised or steamed. They can be served hot, cold, raw, cooked, pickled or plain. You can use tender beets and parsnips grated in salads; turnips and rutabagas can be used like potatoes.

Simple Roasted Root Veggies

4 root vegetables (choose a variety from medium sized potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes)
2 carrots (chopped)
1 onion (medium, chopped)
1/4 cup vegetable oil
3 tablespoons Parmesan cheese

Directions

1. Preheat oven to 350 degrees.
2. Cut vegetables into large chunks.
3. Place in a medium bowl and pour oil over top. Add seasonings or Parmesan and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.

Recreation & Parks

Toss Across Fridays (except the last Friday of the month)

10:30-11:30 am FREE

Come try the latest backyard and tailgating craze that is being played coast to coast! Toss Across is a fun combination of bean bag toss and horseshoes and can be played just about anywhere (even the Bain Lobby!).

Join Recreation and Parks as they provide you with simple instructions on how to play this new game.

Trivia Time

Last Friday of the Month

9:30-10:30 am FREE

Come show us what you know during this entertaining and informative hour of group trivia fun. Question categories range from sports to entertainment to geography and more. Join us in the Bain Lobby and help your team compete for bragging rights.

BUNCO!

Last Friday of the Month

10:30-11:30 am FREE

This could very well be the most exciting and fun filled hour of your month! Join us for Bunco, a simple dice game that can be played by just about anyone. Recreation and Parks provides easy instruction, and new players are always welcome!

RED HATTERS

Tuesday, September 20, 10 am—12 pm

Please call (newly retired) Ginny Russ at 301-325-5173 for Red Hatters information.

Bus trips departing from the Bain 50+ Center

09/13/16	Wonderful Washington, a day on your own in DC, 9am-4pm, \$52
09//18/16	Oklahoma" at Riverside Dinner Theatre, Fredericksburg, VA, lunch included, 11am-7pm, \$130
09/22/16	Ocean City Sunfest, meals on your own, 7am-7pm, \$73
10/01/16	National Apple Harvest Festival, meals on your own, 7am-6pm, \$81
10/02/16	"Jersey Boys" at the Hippodrome, 11am-5pm, \$145
10/04/16	Eastern State Penitentiary, PA, lunch included, 9am-6pm, \$125
10/08/16	Lewis Ginter Garden, VA, lunch on your own 7am-6pm, \$75
10/11/16	Museum of African American History & Culture, DC, lunch on your own, 9am-4pm, \$55
11/02/16	Tea in Tower, DC, tea included, 10:30am-5:30pm, \$79 (** moved from 10/25/16 date)

Please contact Cathy Vigus, Senior Adult Programs Manager at 410-313-7311 for trip information.

September Menu

Monday	Tuesday	Wednesday	Thursday August 31	Friday September 1
			Navy Bean Soup Baked Fish/ Dill Sauce Coleslaw Dinner Roll Apple	Pineapple Juice Korean Pork/ Rice Carrot Raisin Salad Wheat Bread Tropical Fruit
Monday September 5	Tuesday September 6	Wednesday September 7	Thursday September 8	Friday September 9
Center Closed	Pineapple Juice Chicken Southwest Creamed Corn Oriental Blend White Wheat Bread Mixed Fruit Cup	Split Pea Soup Sloppy Joe Spring Salad Sandwich Bun Orange	Mixed Green Salad Beef Stroganoff Rice Mar. Cux & Onion White Wheat Bread Mandarin Oranges	Grape Juice Baked Trout/Dill Sauce Mashed Sweet Potatoes Mixed Green Salad Dinner Roll Fresh Fruit
Monday Korean Meal September 12	Tuesday September 13	Wednesday September 14	Thursday September 15	Friday September 16
Menu To Be Announced	Maryland Crab Soup BBQ Chicken Macaroni Salad Coleslaw Cornbread Watermelon *Crabs (for those who purchased them)	Carrot Raisin Salad Meatloaf/Gravy Mashed Potatoes Green Beans Dinner Roll Mandarin Oranges	Coleslaw BBQ Chicken Potato Salad Oriental Vegetables Split Top Roll Fresh Fruit	Tomato Soup Turkey Salad Mixed Green Salad White Wheat Bread Tropical Fruit
Monday September 19	Tuesday September 20	Wednesday September 21	Thursday September 22	Friday September 23
Navy Bean Soup Hamburger Coleslaw Sandwich Bun Apple	Mixed Green Salad Pork chop/Gravy Oven Brown Potatoes Spinach White Wh. Bread Tropical Fruit	Vegetable Soup Tuna Salad Dixie Slaw White Wheat Bread(2) Fresh Fruit	Minestrone Italian meatballs California Blend Mini Sub Roll Pears	Health Salad Beef Stew Corn Muffin Fresh Fruit
Monday Korean Meal September 26	Tuesday September 27	Wednesday September 28	Thursday September 29	Friday September 30
Menu To Be Announced	Grape Juice Turkey/Gravy Mashed Potatoes Green Beans White Wheat Bread Fresh Fruit / Chocolate	Mixed Green Salad Beef Teriyaki Rice Broccoli Split Top Roll Mandarin Oranges	Mar. Cuxs & Onion Chili Con Carne Spring Salad Corn Muffin Fresh Fruit	Grape Juice Baked Trout Med Style Roasted Potatoes Scan Vegetables White Wh. Bread Mixed Fruit Cup